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Monday, August 5, 2019 metro.us | t: MetroNewYork | f: MetroNewYork

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NOT ALL LAUGHS FOR GAFFIGAN

The comedian takes a serious role in "Them That Follow." 10

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Patricia Arquette stars in new Netflix comedy 'Otherhood.' 12-13

Big tests on the horizon for suddenly red-hot Mets. 17

WHEN WILL IT END?

Two weekend mass shootings claimed 29 lives in El Paso and Dayton. 2

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4 THINGS TO KNOW

Metro's Weather Report

NOAA-NATIONAL WEATHER SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
82° | 72°	86° | 74°	84° | 74°	85° | 74°	69° | 81°
Mostly sunny	Chance showers then slight chance T-storms	Chance T-storms	Chance T-storms	Partly cloudy

Dems target Trump rhetoric after deadly Texas, Ohio shootings

The comments came after two young white males opened fire in both El Paso and Dayton.

A gunman opened fire inside an El Paso Walmart, killing 20. REUTERS

Two mass shootings that killed 30 people in Texas and Ohio reverberated across the United States' political arena on Sunday as Democratic presidential candidates called for stricter gun laws and accused President Donald Trump of stoking racial tensions.

Dozens were also wounded Saturday and early Sunday in shootings within just 13 hours of each other in carnage that shocked a country that has become grimly accustomed to mass shootings and heightened concerns about domestic terrorism.

The first massacre occurred on Saturday morning in the heavily Hispanic border city of El Paso, where a gunman killed 20 people at a Walmart store before surrendering. Texas Gov. Greg Abbott said the rampage appeared to be a hate crime, and police said they believed the suspect, a 21-year-old white man, may have been racially motivated.

Across the country, a gunman opened fire in a downtown district of Dayton, Ohio, early on Sunday, killing nine people and wounding at least 26 others, police and the city mayor said. The assailant was shot dead by police.

The El Paso shooting reverberated on the campaign trail for next year's presidential election, with several Democratic candidates repeating calls for tighter gun control measures and others drawing connections to a resurgence in white nationalism and xenophobic politics in the United States.

Several candidates pointed a finger at Trump.

"Donald Trump is responsible for this. He is responsible because he is stoking fears and hatred and bigotry," U.S. Sen. Cory Booker, a 2020 Democratic presidential candidate, said on CNN's "State of the Union."

> **"Donald Trump is responsible for this. He is responsible because he is stoking fears and hatred and bigotry."**
>
> Sen. Cory Booker

Trump branded the El Paso shooting "an act of cowardice" in a Twitter post on Saturday. On Sunday he said state and local authorities were working together to investigate both attacks.

The White House did not immediately respond to requests for comment on Sunday. Speaking to ABC's "This Week," acting White House chief of staff Mick Mulvaney rebutted the Democrats' allegations and attributed the shootings to "sick" individuals.

"There's no benefit here in trying to make this a political issue, this is a social issue and we need to address it as that," he said.

Beto O'Rourke, the former congressman from El Paso, said he believed Trump was a white nationalist whose anti-immigrant rhetoric stoked divisions.

"Let's be very clear about what is causing this and who the president is," O'Rourke told CNN. "He is an open avowed racist and is encouraging more racism in this country."

U.S. Sen. Bernie Sanders also took Trump to task. "We must come together as a nation to reject this dangerous and growing culture of bigotry espoused by Trump and his allies," he said late on Saturday. REUTERS

Raiders receiving legend Branch dies at 71

2 Cliff Branch, a three-time All-Pro wide receiver who won three Super Bowls during his 14-year NFL career, all with the Oakland Raiders, has died, the team confirmed late Saturday. The cause of death was not immediately known. Branch, who turned 71 on Thursday, was found dead Saturday in his hotel room, according to the Bullhead City (Ariz.) Police Department. No foul play was revealed after an initial investigation, and it was determined that Branch died of natural causes. "Cliff Branch touched the lives of generations of Raiders fans," the Raiders said in a release. "His loss leaves an eternal void for the Raiders family, but his kindness and loving nature will be fondly remembered forever. Cliff's on-field accomplishments are well documented and undeniably Hall of Fame worthy, but his friendship and smile are what the Raider Nation will always cherish." REUTERS

Khmer Rouge's 'Brother No. 2' dead at 93

3 Nuon Chea, the chief ideologist and 'Brother No. 2' of Cambodia's Khmer Rouge, whose brutal rule in the 1970s led to the deaths of some 2 million people, died on Sunday at the age of 93, a court spokesman said. A U.N.-backed court found Chea guilty of genocide and sentenced him to life in prison last year, almost four decades after the Maoist regime which oversaw Cambodia's "Killing Fields" was overthrown. Chea was among a small clique — led by 'Brother No. 1', Pol Pot — of mostly French-educated communists who rose to lead a bloody revolution against a U.S.-backed government after their country was engulfed by the Vietnam War. The extremist ideology of the 1975-79 regime sought to turn Cambodia back to "Year Zero" in its quest for a peasant utopia. REUTERS

Iran seizes Iraqi oil tanker smuggling fuel in Gulf

4 Iranian Revolutionary Guards seized an Iraqi oil tanker in the Gulf which they said was smuggling fuel and detained seven crewmen, Iran's state media reported on Sunday, in a show of power amid heightened tension with the West. The vessel was intercepted near Iran's Farsi Island in the Gulf, Iran's semiofficial Fars news agency said. The elite Revolutionary Guards Corps (IRGC) has a navy base on Farsi Island which is located north of the Strait of Hormuz. "The IRGC's naval forces have seized a foreign oil tanker in the Persian Gulf that was smuggling fuel for some Arab countries," the Guards commander Ramezan Zirahi told state TV. The state news agency IRNA, quoting the Guards, said it was an Iraqi ship that was seized on Wednesday night in the Gulf. Zirahi said it was carrying 700,000 liters of fuel, without elaborating on the nationalities of the detained crewmen. REUTERS

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FROM MEMPHIS TO HARLEM: AUG 12–18

AUG 12–18		Taste of Memphis at Sylvia's, Melba's, Dinosaur BBQ, Whole Foods
WED / AUG 14	7–9pm	Jazzmobile's Summerfest at U.S. Grant National Memorial Park
THU / AUG 15	5:30–8pm	Summer Stage in Harlem at Adam Clayton Powell, Jr. State Office Building (163 W. 125th St.)
	6–10pm	Uptown Hall/Harlem Week's 45th Anniversary at Apollo Theater
SAT / AUG 17	6–9pm	Memphis/Harlem Artists | ImageNation Film Festival Screening of *If Beale Street Could Talk* at St. Nicholas Park Great Lawn
SUN / AUG 18	2–7pm	"A New Century of Soul" Stage Featuring Memphis/Harlem Artists at St. Nicholas Ave. Stage

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Protests are pushing Hong Kong to 'extremely dangerous edge'

The Hong Kong government said that violence and illegal protests were spreading.

Police officers walk on a street after they dispersed anti-extradition bill protesters, in Hong Kong, China. REUTERS

Hong Kong's government said violence and illegal protests were pushing the city to an "extremely dangerous edge," as police fired multiple rounds of tear gas to disperse hundreds of anti-government protesters on Sunday and Beijing said it would not let the situation persist.

The Chinese-controlled city, an Asian financial hub, has been rocked by months of protests that began against a proposed bill to allow people to be extradited to stand trial in mainland China and have developed into calls for greater democracy.

A general strike aimed at bringing the city to a halt is planned for Monday. Many flight departures were shown as being cancelled on Monday and a source and media reports said this was due to aviation workers planning to strike.

Late on Sunday, hundreds of masked protesters blocked major roads, spray-painted traffic lights, started fires and prevented transport from entering the Cross-Harbour Tunnel linking Hong Kong island and the Kowloon peninsula.

"We sprayed the traffic light because we don't want traffic to work tomorrow and we don't want citizens to go to work," said one protester who was clad from head to toe in black.

Riot police confronted the protesters, who have adopted flash tactics, shifting quickly from place to place to evade capture and using online platforms such as Telegram to direct hundreds of people.

In a strongly worded statement late on Sunday, the government said the events of the day showed once again that violence and illegal protests were spreading and pushing Hong Kong toward what it called "the extremely dangerous edge."

> **"We sprayed the traffic light because we don't want traffic to work tomorrow and we don't want citizens to go to work."**
>
> Hong Kong protester

Such acts had already gone far beyond the limits of peaceful and rational protests and would harm Hong Kong's society and economic livelihood, it said.

After the peaceful demonstrations finished earlier on Sunday, protesters blocked roads in the town of Tseung Kwan O in the New Territories, set up barricades and hurled hard objects including bricks at a police station.

Police fired tear gas to disperse hundreds of protesters after a separate rally in the island's Western district where thousands of people gathered to urge authorities to listen to public demands.

Protesters had begun a march toward China's Liaison Office, which has been a flashpoint at previous protests. REUTERS

Russian police detain over 800 in opposition crackdown in Moscow

Russian police forcibly detained over 800 people attending a protest in Moscow on Saturday to demand free elections, including prominent activist Lyubov Sobol, after authorities warned the demonstration was illegal.

Police removed Sobol, an ally of jailed opposition politician Alexei Navalny, from a taxi and bundled her into a van minutes before the start of what anti-Kremlin activists described as a peaceful walk to protest against the exclusion of their candidates from an election next month.

In another blow to Navalny, Russian investigators opened a criminal investigation into the alleged laundering of 1 billion rubles ($15.3 million) by his anti-corruption foundation. Navalny and his allies say the foundation, which has published a slew of embarrassing investigations into government officials, is transparently financed from public donations.

OVD-Info, an independent monitoring group, said police had detained 828 people in Moscow on Saturday, in some cases beating them with truncheons as they lay on the floor. Reuters reporters witnessed dozens of arrests. In one case police carried off a man as he clung upside down to his bicycle.

Police said they had detained 600 and that 1,500 had attended the protest, though footage of demonstrations which flared in different parts of Moscow suggested many more had taken part. Opposition activists later posted screen shots online of police reports suggesting around 10,000 had attended.

Saturday's protest was smaller than one a week earlier, but underlined the determination of some Kremlin critics — especially younger people — to keep pressing to open up Russia's tightly-choreographed political system.

Many but not all of those detained were later released by police, including Sobol, who was fined 300,000 rubles ($4,596) for violating Russia's tough protest laws.

The focus of protesters' anger is a prohibition on a number of opposition-minded candidates, some of whom are allies of Navalny, from taking part in a September election for Moscow's city legislature.

That vote, though local, is seen as a dry run for a national parliamentary election in 2021.

Authorities say opposition candidates failed to collect enough genuine signatures to register. The excluded candidates say that is a lie and insist on taking part in a contest they believe they could win.

"They [the authorities] are wiping their feet on us," said Elena, a student attending Saturday's protest. REUTERS

Law enforcement officers detain participants in a rally calling for opposition candidates to be registered for elections to Moscow City Duma, the capital's regional parliament, in Moscow, Russia. REUTERS

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Dwayne Johnson and Jason Statham. REUTERS

‘Hobbs & Shaw’ tops box office with $61M debut weekend

The “Fast and Furious” franchise has earned more than $5 billion worldwide.

Universal’s “Fast & Furious Presents: Hobbs & Shaw” crossed the box office finish line in first place, debuting with $60.8 million from 4,253 North American locations.

The big-budget spinoff, starring Dwayne Johnson and Jason Statham, is expected to be an even bigger draw overseas, where the action franchise is hugely popular. “Hobbs & Shaw” kicked off internationally with a robust $120 million for a global start of $180 million. Though standalone vehicles aren’t always as muscular as official franchise sequels, “Hobbs & Shaw” will have to lure crowds across the globe throughout the dog days of summer to justify its sizable $200 million budget. The “Fast & Furious” series has generated over $5 billion worldwide across eight films.

“We’re very thrilled with the global release, a tremendous start with a big market like China still to come,” said Jim Orr, Universal’s president of domestic distribution.

Opening weekend crowds skewed expectedly male, with boys and men accounting for nearly 60 percent of tickets sold. “Hobbs & Shaw” enticed moviegoers young and old, as 50 percent of audiences were over the age of 25. Those who showed up this weekend were high on the action and thrills, awarding the film with an “A-” CinemaScore and a 90 percent audience rating on Rotten Tomatoes.

Orr attributes the film’s “very broad appeal” directly to Jonhson and his massive fan base.

“[Director] David Leitch, The Rock and Jason Statham created an original and really thrilling adventure that complements the franchise tremendously well,” he said.

Its $61 million domestic opening weekend marks the biggest bow for Johnson and Statham’s careers outside of the main “Fast & Furious” franchise. The $180 million figure also represents Universal’s fifth-highest-grossing global launch ever, behind “The Fate of the Furious,” “Jurassic World,” “Furious 7” and “Fifty Shades of Grey.”

In “Hobbs & Shaw,” the first spinoff in the “Fast & Furious” universe, Johnson’s Luke Hobbs and Statham’s Deckard Shaw unite to take down a genetically enhanced anarchist (Idris Elba). The star-studded cast also includes Helen Mirren and Vanessa Kirby. David Leitch, known for his work on “Deadpool 2,” directed the film, which was written by “Fast” vets Chris Morgan and Drew Pearce.

Despite the new nationwide release, Sony and director Quentin Tarantino’s “Once Upon a Time in Hollywood” had a strong second weekend in theaters, placing third on domestic box office charts. The R-rated drama with Leonardo DiCaprio, Brad Pitt and Margot Robbie collected $20 million, marking a 51 percent decline from its inaugural outing. After 10 days of release, “Once Upon a Time in Hollywood” had made $78 million in North America.

Meanwhile, reigning champ Disney’s “The Lion King” slid to the No. 2 spot with a solid $38 million. The hyperrealistic remake — directed by Jon Favreau — is the fourth Disney movie this year to cross $400 million in domestic ticket sales. With $430 million in North America and $1.19 billion internationally, “The Lion King” is now the second-biggest film of the year both domestically and globally. REUTERS

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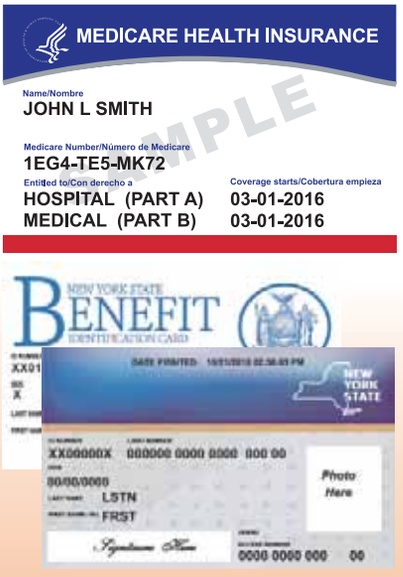

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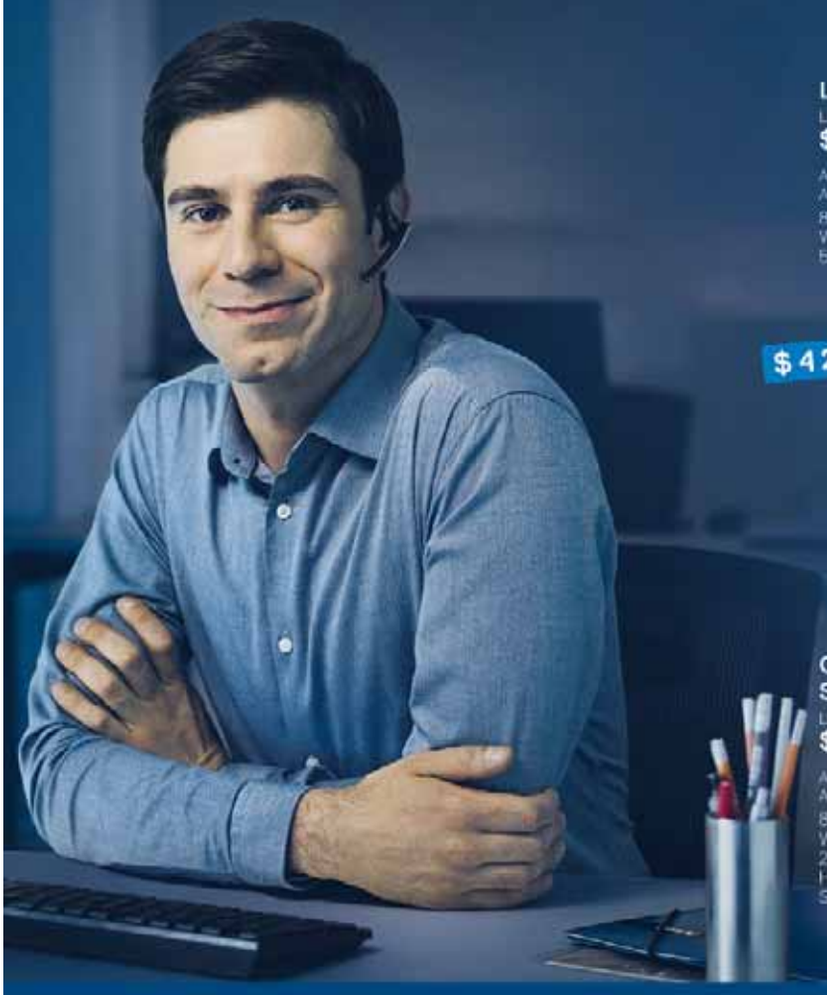

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but I can't lift the ball
I have swimmer's shoulder,
but I fear the water
I have a headache ...

— **James M.H.**, *Metro US reader*

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Aries Don't let a change of heart disrupt your life. Whether it's you or someone else who wants a change, it's best to move forward with an open mind and a positive attitude.

Taurus Speak up about your plans. Not everyone will like what you decide, but at least you'll flush out opposition and encourage suggestions that can help you make beneficial adjustments.

Gemini Look at the whole scenario, not just what you want to see. If you are honest with yourself and others, it will be easier to make the right choice.

Cancer Listen to complaints and do your best to make adjustments that will keep everyone happy without going over budget or jeopardizing your reputation, status or position.

Leo Take part in events that will broaden your awareness. Engage in discussions that will give you a better understanding of what's possible and what isn't. Romance is highlighted.

Virgo You may be able to keep a secret, but someone you share it with won't. If you want to surprise someone or make a change without interference, do so without letting anyone else know about it.

Libra Make a difference by putting your energy into something gratifying, helpful or useful, instead of trying to please someone who doesn't appreciate what you do for him or her.

Scorpio Take an innovative approach when dealing with people who are not easily persuaded. A change can be made if you go about it the right way. Choose to be productive, not pushy.

Sagittarius You can reach your goal and advance or improve your lifestyle if you are reasonable, stay within budget, and rely on your skills and experience. Romance is highlighted.

Capricorn Keep your emotions hidden. You'll accomplish the most if you are reasonable, organized and prepared for whatever roadblock you encounter. A joint venture will fall short of what's promised.

Aquarius Don't change what's working for you. Look for an alternative way to solve any problem you face. An open mind, a willingness to work and positive negotiations will pay off.

Pisces Your input will be welcome by most; however, someone you are in a relationship with may not agree with what you do or with whom you associate. Walk away from temptation. EUGENIA LAST

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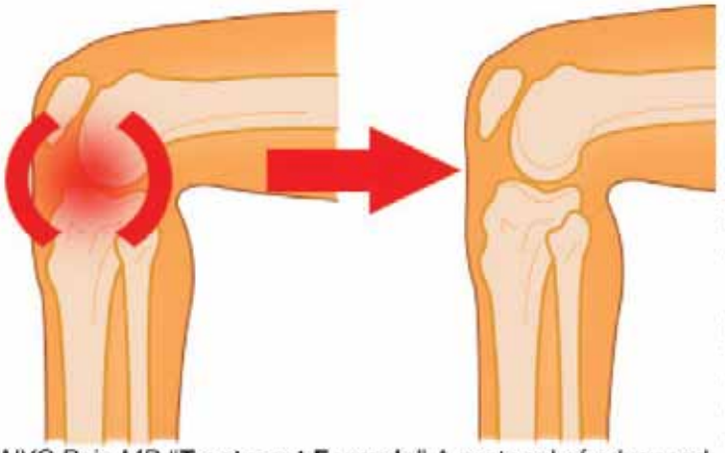
This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



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1091/ JULIUS CHIU

Jim Gaffigan on 'Them That Follow' and his excitement for more serious roles

The actor-comedian stars alongside Olivia Coleman and Walton Goggins.

PAT KING
patrick.king@metro.us

With so much tribal division in our country currently, it can be a sobering and refreshing thing to remember that no matter which camp you belong to, we generally all have more in common with each other than we actually realize. The new film, "Them That Follow," written and directed by Britt Pulton and Dan Madison Savage, follows a close-knit Pentecostal community who live off the beaten path in Appalachia.

The story follows a young girl named Mara, played by Alice Englert, as she tries to conceal that she has cheated on her soon-to-be husband Garrett, played by Lewis Pullman, with the man she loves, Augie, played by Thomas Mann, and is now pregnant. More importantly, Mara is scared that her preacher father Lemuel, played by the always-riveting Walton Goggins, will catch wind of her transgressions against the snake-healing church that the community is built upon. As Augie tries to atone for his sins by receiving venom from a poisonous snake, his parents Hope and Zeke, played by Olivia Coleman and Jim Gaffigan, need to decide which side they should take: to support these young children or their religion.

Given this tough position, how much suspension of reality can you truly have before it finally becomes dangerous? "It's interesting," explains Gaffigan, when I ask him this question over the phone. "Because I almost feel that there is a part of me — obviously, we're dealing with this Pentecostal religious sect and it is kind of isolated out of necessity, because we're dealing with snake healing — but what I think in the end this movie is about is parents and their children. I've lived with this script and this movie was at Sundance and South by [Southwest] and everything, so every time I see it I have a different takeaway from it. I think the directors did such a great job in that it's not simply an indictment of the Pentecostal belief system. It's about how a daughter and a son have to make their own way in this world. Whether our communities are Pentecostal snake healers or have a different set of beliefs or priorities, people have to find their own paths."

> **"Comedies are fun and I love doing stand-up. I proudly identify myself as a stand-up. But the more complex acting roles are in dramatic roles."**
>
> **Jim Gaffigan**

Gaffigan was equally thrilled to be acting out such profound material with such a top-notch and versatile cast. "It was amazing," says Gaffigan, "We were playing this tight-knit community and the set was an hour and a half away. So we would drive an hour and a half in this van because this is 'indie world.' We were doing these incredible, heavy, intense scenes so there was this necessity to decompress and to kind of have a respite after the equivalent of an emotional funeral. They're all kind of funny, kind of serious actors. Olivia and Walton are really funny people but also relish the opportunity to do these deep, dark scenes."

"Them That Follow" is the latest in a number of dramatic roles that the comedian has appeared in as of late. He hopes to take on more in the future.

"In a way, it really comes down to the most interesting characters and stories end up being dramas," he explains. "Comedies are fun and I love doing stand-up. I proudly identify myself as a stand-up. But the more complex acting roles are in dramatic roles."

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments*... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

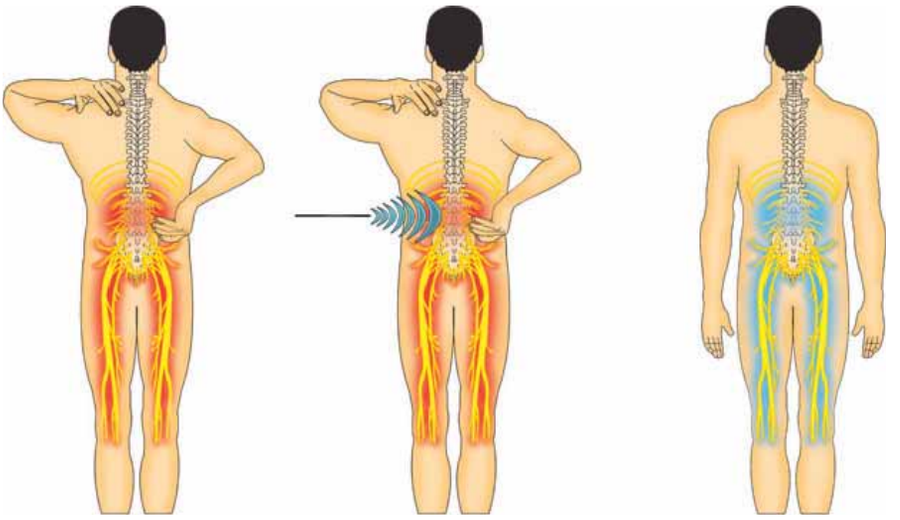
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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Patricia Arquette in "Otherhood."

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Doctors Urge Knee Pain Sufferers

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

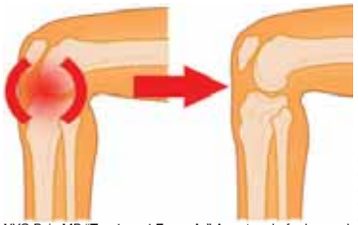
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.


NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

877-296-6310

The 'next step' of motherhood

Patricia Arquette gives Metro the scoop on her enlightening new comedy, "Otherhood."

MOLLY GIVEN
Molly.Given@metro.us

Netflix's latest star-studded comedy "Otherhood," starring Patricia Arquette, Felicity Huffman and Angela Bassett, focuses on the complicated relationships mothers can have with their adult sons — or lack thereof. But that's not all the heartwarming flick explores. It also showcases the "next step" of motherhood — essentially, what happens after your kids no longer need you to pack their lunch, give them rides to school or fix their problems. What the women in the film discover is that although their kids no longer need their help, they may need some help on their own.

Arquette sat down with Metro to discuss the film, dive into why this story is so relatable to everyone, and discuss why sometimes we take whom we love the most for granted.

"Otherhood" follows the deep friendship between hard-working mothers Gillian (Arquette), Carol (Bassett) and Helen (Huffman). After blatant snubs on Mother's Day from their sons, the women decide to embark on a road trip and a maternal ambush to check in on how their sons are doing — and maybe find out a little dirt on their lives as well.

Being a mother herself, Arquette understood the innate desire Gillian had to simply just see her son. "I think she's worried about her son. It's not just about her son ignoring her on Mother's Day or that she's upset that he didn't call her," says Arquette. "It's her maternal instinct driving her. She just wants to know, are you okay? Are you alive? Are you eating? Are you with that girl I don't like?"

Although the film is lighthearted, hilarious and a lot of fun (cue the drunken antics three middle-aged women can get into in the Big Apple), it also has underlying messages that ring true for anyone. "Angela and I were talking about how relatable this movie is to different people at different times. I think all of these characters are relatable to a point. We all have been somebody's child or we are someone's mother or our wife is someone's mother," says Arquette.

At the surface, the women blame their strained relationships on a lot: their sons' significant others, jobs,

"Otherhood" drops on Netflix Aug. 2. ALL PHOTOS LINDA KALLERUS/NETFLIX

> **"I think all of these characters are relatable to a point. We all have been somebody's child or we are someone's mother or our wife is someone's mother."**
> Patricia Arquette

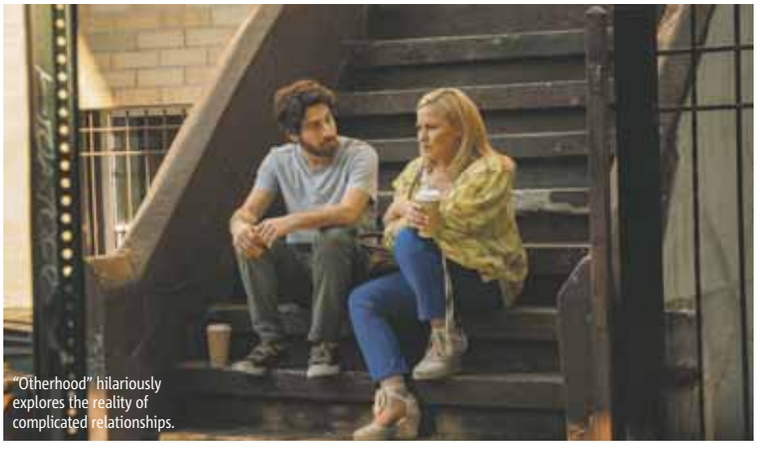
bad habits, or even themselves and their own mothering styles. The soul-searching leads the three mothers to overcompensate with their sons, whether it's setting them up on hasty blind dates or even breaking into their "prison-like" apartment through a window.

What Arquette thinks Gillian needed to realize, though, is that focusing too much on the lives of others simply isn't fulfilling to your own — which can be a hard pill to swallow. "I think she learned that her meddling can actually create a lot of problems, and that she doesn't always know best and that she should trust her son and his instincts," says Arquette. "I think she learned that her marriage also isn't as perfect as she thought and those are both difficult things for her to come to terms with. Also, that she needs to be up higher on her own priority list."

"Otherhood" as a comedy is a hilarious feat highlighted by the incredible cast of talent, directing chops from Cindy Chupack and a highly amusing story line. But even though the film at the surface may seem tied up in a neat bow, it certainly tests a lot: the fragile relationship adult children and their parents can have, the tumultuous costs decisions can have on a marriage, and even the boundaries of friendship.

"It's really about realizing we can't take our parents for granted, even if we are doing it subconsciously. But also you learn what are healthy boundaries for people to have. We're not the same selves we were when we were kids, so let's redefine who we are as grown-ups in our own right. What is the joy in our lives? I think it's also a reminder not to take our marriages for granted. So it's not just about one aspect, there's a lot of different things."

"Otherhood"is now available to stream on Netflix



"Otherhood" hilariously explores the reality of complicated relationships.

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THE PORT AUTHORITY BUS TERMINAL REPLACEMENT PROJECT

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PRESENTATION 4:30 p.m. and repeated at 6:00 p.m.

NEW JERSEY LOCATION
SEPTEMBER 5, 2019
Springfield Hilton Garden Inn
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PRESENTATION 6:00 p.m. and repeated at 7:15 p.m.

THE PORT AUTHORITY BUS TERMINAL REPLACEMENT PROJECT will replace the existing terminal and ramps with a state-of-the-art bus terminal and connecting ramps in a location to be selected following robust community outreach and stakeholder engagement. The Port Authority of New York & New Jersey is participating in an environmental review that will include a description of the proposed project, an evaluation of impacts on the project area, and an assessment of reasonable alternatives.

THE PORT AUTHORITY IS CONDUCTING A PROJECT SCOPING COMMENT PERIOD which commenced on May 23, 2019 and will conclude September 18, 2019. If you cannot attend an in-person public meeting, materials will be available online. All meeting facilities will be accessible to persons with disabilities.

- Language translation services for Spanish will be available, as well as American Sign Language. For additional language translation services or special needs assistance, please contact the project team five business days prior to the meeting at 929 502-7304 or email PABTreplacement@panynj.gov
- Learn more about the project at www.PABTreplacement.com
- Scoping comments? Email us at ReplacePABTcomment@panynj.gov

THE PORT AUTHORITY OF NY & NJ

ISTOCK

Take heart, millennials — investing is within your reach

NerdWallet is a personal finance website.

News headlines might lead you to believe that millennials are striking out on a growing list of financial accomplishments: homeownership, paying off student loans — not to mention summoning the will to resist high-end coffee or avocado toast.

When it comes to investing, they might have a point. Investment firm TD Ameritrade surveyed 1,519 people ages 21-37 in 2018 and found that only 50 percent said they invest — including in their retirement accounts.

But, surprisingly, investing is likely one of the easier financial goals to meet. In just a few steps, millennials can set the stage for investing, get their first investing accounts going, then look to bigger investing goals.

Set the foundation

Before you think about jumping into the stock market or other forms of investing, make sure your financial foundation is sound.

"Investing is great, but if you have something else that money could be doing to get your overall financial picture in shape, do that first," says Katrina Welker, a New York-based certified financial planner. "Get your budget under control and a regular savings habit established."

Get a handle on these three factors before you start investing

High-interest debt payments: Pay down high-interest debts, like credit cards or a payday loan. Consolidating debt at a lower interest rate can speed up payoff.

You want the power of compounding interest to work for you, not against you. When you invest, you're earning interest on the money you put in, which raises the amount you have. Then you earn more interest on that amount. With high-interest debts, it's just the opposite.

Savings: Build up an emergency fund to cover unexpected expenses so you don't have to withdraw money from investments.

Education: Research different approaches to investing and how to best succeed at them. Also understand your timeline; any amount you'd need within five years may be better off in a high-yield savings account or CD. The rate of return won't be as high, but you're protected from locking in a big loss if you need to pull out of your investment to get your money when the market's in a slump.

Start with the essential investment

"Probably the easiest place to start investing is through your employer retirement plan," Welker says.

Take advantage of the decades you have before retirement. By investing 10 percent to 15 percent of your income into your retirement account over many years, compounding interest and market returns will likely generate a sizable nest egg.

Here are two common retirement account options

401(k): Offered by many employers, money is taken directly from your pay and put into an account. Employers often offer to match a portion of what you contribute, which is free money.

Traditional or Roth IRA: An individual retirement account lets you contribute on your terms. The difference between the two is how and when you get a tax break. Contributions to a traditional IRA may be tax-deductible in the year they're made. With a Roth IRA, withdrawals in retirement are tax-free.

Next-level investments

Whether you want to start investing spare change or want to dive into researching and trading stocks, know your goal — and how you want to get there.

"Being ready to invest is a mindset, and it depends on what you want out of it," says Heather Townsend, a certified financial planner in Scottsdale, Arizona. "Understand that if you do want to invest, you have to know that the market can have big upswings and downswings. Are you willing to take that risk for the upside?"

There are two main paths: DIY or with the help of a portfolio management service

DIY: Do-it-yourself investing can take many shapes. Two common options are online brokers and apps. Online brokers require a more hands-on approach to managing a portfolio online, while apps do most of the work for you.

While there are a variety of apps that invest spare change, like Acorns, don't expect them to yield big earnings, Welker says. "Especially early on, if you want to set up an account and dabble and play, the apps are fine. But if you're more serious about it, find a portfolio you can invest it," she says.

Automated portfolio management: Often in the form of robo-advisors, automated portfolio management uses algorithms to build and manage your investment portfolio. You set your parameters, including timeline and risk tolerance, and the robo-advisor generally takes care of the rest. These tools can be a quick way to start investing without doing all the legwork yourself. **SEAN PYLES**

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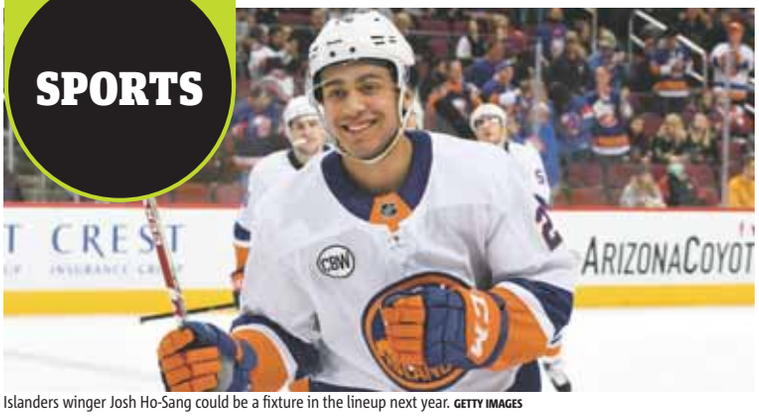

Islanders winger Josh Ho-Sang could be a fixture in the lineup next year. GETTY IMAGES

What will dormant Islanders' plan be this summer?

The Islanders have yet to make any big moves to improve their offense.

JOE PANTORNO
joseph.pantorno@metro.us

For New York Islanders fans, it certainly feels like Garth Snow is back in the building.

Lou Lamoriello's first full summer as Islanders president and general manager has been a difficult one as he's been faced with the same problems experienced by his predecessors.

Following a surprising season in which the Islanders defied the odds, going from an expected doormat to the Eastern Conference semifinals, the organization looked as though it would need just a few extra pieces to make a serious run at the Stanley Cup.

Those upgrades had to come in the form of scoring as New York's offense was ranked near the bottom of the East. Only the Detroit Red Wings, New York Rangers, Buffalo Sabres, and New Jersey Devils scored fewer goals than the Islanders last year in the conference.

Instead, Lamoriello has been unable to find any upgrades as of yet.

The Islanders whiffed on Artemi Panarin — who turned down more money to join the cross-town-rival Rangers — Matt Duchene and Ryan Dzingel while letting Vezina Trophy finalist Robin Lehner walk in free agency. To cushion the blow, Lamoriello brought in veteran netminder Semyon Varlamov to restore a platoon alongside Thomas Greiss.

The only other notable moves the Islanders managed to pull off this summer was bringing back the trio of Brock Nelson, Jordan Eberle and Anders Lee.

Meanwhile, the Rangers added Jacob Trouba alongside Panarin, signed Adam Fox, brought last year's first-round draft pick Vitali Kravtsov over from Russia, and took stud prospect Kaapo Kakko with the second pick of June's draft.

Their other geographic rival, the Devils, came away with Jack Hughes with the first-overall pick of the draft, traded for All-Star defenseman PK Subban, and acquired Russian winger Nikita Gusev from the Vegas Golden Knights. Gusev was one of the KHL's top playmakers last year, recording 82 points in 62 games with SKA St. Petersburg.

So what have the Islanders been doing?

Their lack of activity on the market might suggest that the organization will look to the pipeline for its offensive upgrades. As it stands, the Islanders have several promising prospects that could make a serious push to make the NHL roster come October.

Josh Ho-Sang is still hanging around despite a multitude of rumors swirling that the organization is fed up with him.

The fact of the matter is, Ho-Sang is a gifted puck handler who should continue to improve with experience. He's 23 years old with a skill set similar to Mathew Barzal's, it just needs refining.

While he only recorded two points in 10 NHL games last season, the Islanders went 9-1 in those outings.

The Islanders also have a pair of promising youngsters in Kieffer Bellows and Oliver Wahlstrom, who are poised to challenge for a roster spot in 2019-20.

At 21 years old, the left-winger has starred with the United States' junior national team, but he did have a difficult first campaign in the AHL last season (12 goals, seven assists in 73 games). Should he excel at camp, however, management could give him a chance.

The 19-year-old Wahlstrom left Boston College to make his NHL push with the Islanders back in March. He's considered to be a dangerous scoring threat for his age but has yet to take on the more seasoned competition.

Another name to consider is Otto Koivula, a 20-year-old left-winger who had a strong first season in the AHL with the Bridgeport Sound Tigers. With 21 goals and 25 assists in 69 games, he might be the first youngster to get the nod for the Islanders this fall.

Stiff test awaits surging Mets after Marlins series

GETTY IMAGES

Out of nowhere, the New York Mets are suddenly providing their fans with illusions of grandeur and playoff pushes.

General Manager Brodie Van Wagenen's reminder of a "win-now" approach in a Twitter memo on Thursday could not have come at a better time.

The Mets hit the ground running in the second half, had just picked up Marcus Stroman from the Toronto Blue Jays and were in the middle of an easy stretch on the schedule.

New York went 14-6 in their first 20 games post-All-Star break to get back into the Wild Card conversation in the National League.

The pitching staff, both the starters and bullpen, began performing up to expectations under Phil Regan with a team ERA of 2.95.

Adding Stroman suggests those numbers could be further improved upon and maintained even though the righty struggled in his team debut against the Pittsburgh Pirates on Saturday night — a game the Mets still found a way to win, 7-5.

The sudden lurch toward contention must be taken with a grain of salt, however.

All good teams have to take advantage of easier parts of their schedule and beat organizations lower in the standings.

But in the Mets' case, is it providing false hope?

The first seven series of the second half featured matchups against just three teams with winning records. Two of those teams, the Minnesota Twins and Philadelphia Phillies, have experienced their fair share of struggles this summer despite the plus-.500 marks.

Regardless, the Mets have been doing what they're supposed to be doing to the minnows of Major League Baseball in recent weeks. They took three-of-four from the Miami Marlins, two-of-three from the San Diego Padres, and then swept the Pittsburgh Pirates and Chicago White Sox.

Try to downplay a hot streak all you want; a seven-game win streak is an impressive feat regardless of opponent.

The Mets are going to have to prove their mettle against the game's best soon enough, which makes an upcoming four-game set against the last-place Marlins vital for their slim postseason hopes.

Beginning Friday, 10 of the Mets' final 15 series of the 2019 season will come against teams with winning records, including a difficult stretch that provides matchups against the Cleveland Indians, Atlanta Braves, Chicago Cubs, Phillies, Washington Nationals, and Phillies again in succession from Aug. 20 to Sept. 8.

Here is the Mets' remaining schedule and their opponents' respective winning percentage as of Sunday:

8/7-8/9 VS. MARLINS- .389
8/9-8/11 VS. NATIONALS- .527
8/13-8/15 @ BRAVES- .589
8/16-8/18 @ ROYALS- .357
8/20-8/22 VS. INDIANS- .591
8/23-8/25 VS. BRAVES
8/27-8/29 VS. CUBS- .536
8/30-9/1 @ PHILLIES- .527
9/2-9/4 @ NATIONALS
9/6-9/8 VS. PHILLIES
9/9-9/11 VS. D'BACKS- .495
9/13-9/15 VS. DODGERS- .646
9/16-9/18 @ ROCKIES- .459
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9/27-9/29 VS. BRAVES

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SABR MORTGAGE LOAN 2008-1 REO SUBSIDIARY-1, LLC, V. JOSE MEDINA, ET AL.

NOTICE OF SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated June 10, 2019, and entered in the Office of the Clerk of the County of Queens, wherein SABR MORTGAGE LOAN 2008-1 REO SUBSIDIARY-1, LLC is the Plaintiff and JOSE MEDINA, ET AL. are the Defendant(s). I, the undersigned Referee will sell at public auction at the QUEENS COUNTY COURTHOUSE, 88-11 SUTPHIN BLVD. COURTROOM #25, JAMAICA, NY 11435, on September 6, 2019 at 10:00 AM, premises known as 91-08 77TH ST., WOODHAVEN, NY 11421: Block 8950, Lot 33:

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Leslie Nizin, Esq. - Referee.
RAS Boriskin, LLC
900 Merchants Concourse, Suite 310, Westbury, New York 11590,
Attorneys for Plaintiff.

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SUPREME COURT OF THE STATE OF NEW YORK - COUNTY OF QUEENS
NATIONSTAR MORTGAGE LLC, V. ARNOLD BRABHAM, ET AL.
NOTICE OF SALE
NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated May 01, 2019, and entered in the Office of the Clerk of the County of Queens, wherein NATIONSTAR MORTGAGE LLC is the Plaintiff and ARNOLD BRABHAM, ET AL. are the Defendants. I, the undersigned Referee will sell at public auction at the QUEENS COUNTY COURTHOUSE, 88-11 SUTPHIN BLVD. COURTROOM #25, JAMAICA, NY 11435, on August 16, 2019 at 10:00 AM, premises known as 116-16 203RD ST., SAINT ALBANS, NY 11412: Block 11074, Lot 64:
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Attorneys for Plaintiff.

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16 "Penny __"; Beatles hit
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18 Law
20 As light __ feather
21 Floor cleaner
23 Pinkie, for one
24 Cain & Martin
26 "__-fi-fo-fum..."
27 Wreak havoc on
29 Clergyman
32 Linda Lavin's role
33 "__ Were the Days"
35 Nickname for Margaret
37 Luxurious
38 Minimum
39 Bridge
40 That girl
41 Adhesive
42 Baseball's Yogi
43 Druggie
45 Most rational
46 "Grand __ Opry"
47 Repairs
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51 Have supper
52 "Zip it!"
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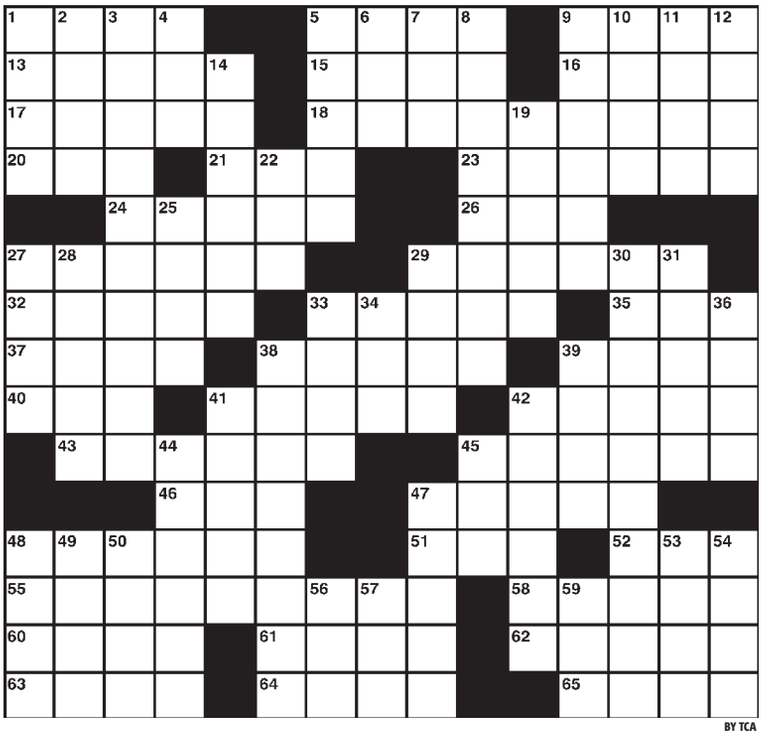
60 __ phones; Verizon store display
61 Not slack
62 Bekins employee
63 Patella's place
64 Hard-boiled edibles
65 Peddle

DOWN

1 __ pop; soft drink
2 Rushes
3 Foolhardy
4 Hamster or hound
5 __ up; provides support for
6 Suffix for auction or profit
7 __ so forth; et cetera
8 Hardest to bend
9 Mercury or Mars
10 __ up; phoned
11 Singly
12 Swerve
14 Wreck
19 Family tree member
22 Late bedtime
25 __ other; one another
27 Knocks
28 Hilo howdy
29 JFK's mother
30 Tyrannical
31 Backsides
33 Exam
34 Head topper
36 Small fly
38 Tear roughly
39 "__ in the Clowns"
41 __ up; amassed
42 Feisty rooster
44 Tame
45 Aegean or Yellow
47 Encounters
48 Defensive tackle's coup
49 Baker's need
50 Composer Porter
53 Part of the foot
54 Throw
56 In the __; like a sure thing
57 Oaf
59 Tijuana two



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	3	7		4		2	1	
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					3	1		6
7				2	8	3	9	
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